



Rides Supplement July 2010

Camberwell Downhill Gourmet Bike Riders

2010 Calendar

18th July	Host - TBA
23rd July	Bi-Annual Dinner – Riversdale Hotel – Hawthorn – Convenor Elva
15th August	Host - TBA
19th September	Host - TBA
17th October	Host - Jack Simpson
21st November	Host - David & Geraldine Powell
26th November	Annual Break-up Dinner – Riversdale Hotel - Hawthorn. - Convenor Elva

There isn't an organized ride in December as the third Sunday is too close to Christmas.

Please telephone Elva Parker (9836 6392) if you can assist at all with any of the "TBA" rides.

Hawthorn Cycle Tours

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders' ages vary from 20-70 years old. Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website:

<http://www.geocities.com/perften/Hct.html> or e-mail: lexbishop@bikerider.com

Ashburton Riders Club

ARC is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

Schedule of rides:

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

Contacts: Tony Landsell' email: tony@diacher.com or Justin Murphy, email: murphij@au1.ibm.com

Kew Neighbourhood Learning Centre Bike Riding Group

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Second Wed of the month - 9.30am -12pm

Contact: Robin Kendrick, phone: 9853 3126

Surrey Hills Neighbourhood Centre Group

The group rides on the 2nd and 4th Monday, but will possibly move to weekly rides as interest grows. Meet at 10am at the nominated place. BYO drink. Most rides are 20-25km (3hrs approx) As no liability is taken by the SHNC, cyclists are encouraged to join Bicycle Victoria, and RACV Bike Assist as an optional extra. Bookings essential at the Centre Monday to Friday 10am-4pm. Surrey Hills Neighbourhood Centre, 157 Union Rd, Surrey Hills 3127; phone: 9890 2467; email: info@surreyhillssnc.org.au ; www.surreyhillssnc.org.au

Finbar Neighbourhood House Rides

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

Sassafras Ride

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: Café *Ripe*, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

Council on the Ageing (COTA) Cycling Group

Seniors Bike rides in 2010

We ride 4 Wednesdays each month.

- The 1st and 3rd Wednesday rides are short (20- 30km) to encourage less experienced riders to join us. The 2nd and 4th Wednesday rides are more challenging, (50- 70km).
- We generally meet at **10am**, unless time is specified, at the 'Place to meet' (see below). Please check train times the day before the ride. A coffee stop is found midmorning! We take our own lunch and picnic together on the long rides. Riders are welcome to join the ride along the way or cut the ride short at any point.
- If the temperature is 30°C or above on the day, the long rides will be cut short.
- Please contact **Janet Bennett** by e-mail jfbpgb@bigpond.com or on **9853 9808** to discuss details.

* this is when Janet will be away and other riders will be leading. Check with Janet by e-mail only or ring the COTA office on 9654 4443. The leaders while Janet is away are as follows July 7th and July 21st Alan Brown, phone 9572 1472; July 14th Les Deady, phone 9459 2701; July 28th Ed Biggs, phone 9569 9386.

All riders are requested to join Council on the Aging (COTA). We also recommend that riders consider joining Bicycle Victoria for the insurance and service they offer.

Date	Place to meet	Description	Grade
*July 7 th	Southbank footbridge MEL 2F F7.	Short ride – to be chosen on day.	Easy
*July 14 th	Flinders St station MEL 2F G6. Hurstbridge line ~9.16am arrive 9.48am.	<i>From Heidelberg station via Hawkstowe Park to Alphington station.</i> Up Greensborough Hwy Trail past Watsonia to Ring Rd. Back streets & short section on Plenty Rd to Park. Mill Park streets back to Ring Rd, then streets and Trails to finish at Alphington station. ~50 km.	Medium
*July 21 st	Southbank footbridge MEL 2F F7.	Short ride - to be chosen on day	Easy
*July 28 th	Flinders St station MEL 2F G6. Belgrave line ~ 9.17am arrive 10.13am.	<i>From Upper Ferntree Gully station to the city.</i> Ferny Creek trail, Stud rd. and Wellington rd. bike tracks and Dandenong Crk. trail to Jell's Park. Scotchman's Crk, Gardiners Crk and Main Yarra trail to city ~ 45km.	Medium one hill!
Aug 4 th	Southbank footbridge MEL 2F F7.	Short ride - to be chosen on day	Easy
Aug 11 th	Flinders St station MEL 2F G6. Belgrave line ~ 9.17am arrive 10.13am.	<i>Belgrave to Southbank.</i> Ride to Southbank via Belgrave rail trail , Blind Crk, Eastlink, back roads of Donvale, Mullum Mullum Ck and Main Yarra trails ~ 75km.	Hard
*Aug 18 th	Southbank footbridge MEL 2F F7.	Short ride - to be chosen on day	Easy
Aug 25 th	Southbank footbridge MEL 2F F7.	<i>Bay ride from Southbank to Mordialloc and return –</i> Ride the Bay trail down to Mordialloc. Return via Nepean Highway using back streets and service lane until picking up the bike path at South Rd. ~ 75km.	Medium
Sep 1 st	Southbank footbridge MEL 2F F7.	Short ride – visit the Spare Chair café in Derby St. Kew for excellent coffee and inexpensive cake.	Easy
Sep 8 th	Southbank footbridge MEL 2F F7.	<i>Bay, canal and trail circuit –</i> From Southbank we ride the Bay trail, Elwood canal, along railways and local roads to the Outer Circle railway, Gardiner Ck trail to the Anniversary and Main Yarra trails to city. ~ 50km.	Easy
Sep 15 th	Southbank footbridge MEL 2F F7.	Short ride – Abbotsford Convent visit to explore the site and try the upstairs coffee at Handsome Steve's House of Refreshment.	Easy
Sep 22 nd	Southern Cross railway station Bendigo train 9.15am ~	<i>Gisborne to Woodend</i> via Riddell's Creek, Romsey and Lancefield. Highlights of the ride are Dromkeen, home of Australian children's literature, and a close-up view of Hanging Rock. Distance ~ 60 km.	Medium

	arrive 10.15am		
Sep 29 th		No ride	
Oct 6 th	Southbank footbridge MEL 2F F7.	Short ride – via Merri Ck trail and St Georges rd to the Human Powered café, 562 High St. Thornbury.	Easy
Oct 13 th	Southbank footbridge MEL 2F F7.	<i>Circuit out to Caroline Springs and return – via Docklands to Federation trail to Kororoit Creek trail, then Western Hwy trail and verge to Caroline Springs. Return via the Deer Park bypass to Federation trail and local roads to Newport and the bay trail ~ 70km.</i>	Easy
Oct 20 th	Southbank footbridge MEL 2F F7.	Short ride – Main Yarra trail to Banyule Hill and return from Heidelberg station.	Easy
Oct 27 th	Southern Cross railway station Ballarat train 8.10am ~ arrive 9.35am	<i>Ballarat to Daylesford circuit – We will ride out to Daylesford via Creswick and we will return via Sailors Falls and Dean. Short well graded section of gravel through forest near SF~ 82km. There is the option of driving to Ballarat station instead of using the train.</i>	Hard
Nov 3 rd	Southbank footbridge MEL 2F F7.	Short ride – Ride to Poyntons Nursery on the Maribyrnong river trail and return.	Easy
Nov 10 th	Southbank footbridge MEL 2F F7.	<i>Woodlands Park ride – Moonee Ponds trail to the Historic Homestead and return to the Western Ring trail, around to the Maribyrnong trail and return to the city ~ 70km.</i>	Hard
Nov 17 th	Southbank footbridge MEL 2F F7.	Short ride – Ride to Anglers Arms on the Maribyrnong river trail and return, visiting the Museum on the trail.	Easy
Nov 24 th	Flinders St station MEL 2F G6. Pakenham line ~9.02am arrive 9.58am	<i>From Berwick station, ride to city. Ride Hallam bypass Trail, Endeavour Hills Trails and streets, Dandenong Ck Trail to Jells Park. Then Mt Waverley Railtrail, Gardiners Ck Trail to finish at St Kevins boathouse. ~50 km</i>	Medium
Dec 1 st	Flinders St station MEL 2F G6.	Short ride – to Ardeer by train and then return via the Western Ring trail, Federation trail and Docklands to the city.	Easy
Dec 8 th	Southern Cross railway station Geelong train 9.15am ~ arrive 10.15am	<i>South Geelong to Queenscliff circuit - We will ride the Bellarine Rail trail to Queenscliff and return via Ocean Grove to the Rail trail. ~ 60km. There is the option of driving to South Geelong station instead of using the train.</i>	Medium
Dec 15 th	Southbank footbridge MEL 2F F7.	Christmas ride with lunch at Botanic Gardens in the Observatory cafe – We will ride the Bay trail to the Elwood canal and return via back streets and Albert Lake park to the Botanic Gardens ~ 20km.	Easy

Whitehorse Cyclists Inc

Last updated 13 June 2010

Date	Destination	Description	Distance and grade	Leader Contact
L Beginners' rides run on Sundays. Details posted on the beginners' rides page weekly				
Thu 01/07	Easy Thursday	Merri Creek Tr, Harding St, (M)Coburg Mall,	35 E	Allan M 9898

9:30 am	Coburg	Upfield Tr, Capital City Tr, The Boulevard		0415
Thu 01/07 9:30 am	Thursday Northland	Ivanhoe, Darebin Creek Tr, (M)Northland, (B)Preston, Merri Creek Tr, (B)Rushall, Westgarth	49 E	Mike T 0407 045 217
Sun 04/07 9:30 am	Beginners' Ride Last Ride until Spring	Koonung Tr, Anniversary Tr, (M)Maling Rd Canterbury, Gawler Chain (2 hills)	22 E	Keith M 9857 5805
Sun 04/07 9:30 am	Parkdale Pedal	Southbank, Port Melbourne , (M)Elwood, (B) Sandringham , (F)Parkdale Lovely bay views	35 E	Susan L 9853 3774
Tue 06/07 9:30 am	Easy Tuesday	Gardiners Creek Tr, Scotchmans Creek Tr, Atkinson St, (M)Oakleigh, Gardiners Creek Tr, Anniversary Tr, Hamilton St	35 E	Loreto B 9808 1960 0412 289 236
Tue 06/07 9:00 am	Medium Tuesday Trail Blazer	Main Yarra Tr, Anniversary Tr, (M)Hartwell, Anniversary Tr, Gardiners Creek Tr, Koonung Tr, Ruffey Lake	45 M	Neil M 9497 2685
Tue 06/07 9:30 am	Hard Tuesday Kallista	Eastlink Tr, Burwood Hwy, Ferntree Gully, Belgrave, Selby, Grantulla Rd, Kallista, Sassafras, The Basin, Dandenong Creek Tr	70 M/H	Mike H 0407 094 929
Thu 08/07	Maintenance Training Session By Jacques F	Cable, Brake, Gear Maintenance. Hands-on replacement of cables, brake pads, adjustment of brakes and gears Two sessions, 9:00 am and 1:30pm. Reservations to Jacques F.		David H 9877 3216 Jacques F 9497 2306
Thu 08/07 9:30 am	Thursday Dandenong	Gardiners Creek Tr, (M)Oakleigh, (L)(B)Dandenong	60 M	John C 0438 566 977
Sat 10/07	Maintenance Training Session By Jacques F	Cable, Brake, Gear Maintenance. Hands-on replacement of cables, brake pads, adjustment of brakes and gears One session, 9:30 am. Reservations to Jacques F.		David H 9877 3216 Jacques F 9497 2306
Sun 11/07	Beginners' Ride	No Beginners' Rides during Winter, resume Sun 5 September		
Sun 11/07 9:30 am	Oakleigh	Trails and side roads, brunch at Oakleigh (Parking also in Pakenham St, proceed through school grounds to start)	26 E	Elaine H 9877 1434
Tue 13/07 9:30 am	Easy Tuesday South-East Roam	Anniversary Tr, Hughesdale, Murrumbeena, Rosstown Tr, (M)Elwood, Bayside Path, South Rd, East Boundary Rd, Anniversary Tr Mainly sealed surfaces	37 E	David Y 9884 8037 0401 013 395
Tue 13/07 9:00 am	Medium Tuesday Glen Waverley	Box Hill, Blackburn , (M)Glen Waverley, Eastlink Tr, Mitcham	42 M	Russell H 9841 7141 0400 178 194
Tue 13/07 9:00 am	Hard Tuesday Fishermans Bend	Main Yarra Tr, Capital City Tr, Fishermans Bend, Rosstown Tr	90 E/M	Abdy S 0413 327 650
Tue 13/07 7:45 pm	Club Night	Corner Station & Combarton Sts Monthly Meeting		Mike W 9509 1290
Thu 15/07 9:30 am	Thursday Rosstown	(M)Oakleigh, Rosstown Rail Tr, Elsternwick, (L)Port Melbourne, Main Yarra Tr	55 M	Mike McK 9816 3386
Sun 18/07	Beginners' Ride	No Beginners' Rides during Winter, resume Sun 5 September		
Sun 18/07 9:30 am	Mont Park Meander	Main Yarra Tr, (M)Mont Park, Mt Cooper, Plenty River, Main Yarra Tr Some hills	33 M	Keith M 9857 5805
Tue 20/07 9:30 am	Easy Tuesday Knox Circuit	Dandenong Creek Tr, Eastlink Tr, Ferntree Gully Rd, Stud Rd, (M)Scoresby SC, Ferny Creek Tr, (B)Boronia, Bayswater NB: 9:15am train from Box Hill arr Bayswater 9:12am	30 E	Joyce H 9877 3216 0419 102 268

Tue 20/07 9:00 am	Medium Tuesday Looping Manningham	Koonung Tr, Tunstall Square, Beasleys Nursery, Main Yarra Tr, Westerfolds Park, (M)Melissa's Café, Main Yarra Tr, Koonung Tr	40 M	Dick van G 9844 3344 0416 212 423
Tue 20/07 9:30 am	Hard Tuesday Lilydale	Ringwood, Mullum Mullum Creek Tr, Yarra Rd , Jumping Creek Rd , Paynes Rd , Switchback Rd , Lilydale, Swansea Rd , Mt Dandenong Rd	60 H	Kerry McN 0419 769 420
Thu 22/07	Maintenance Training Session By David H	Wheel and tyre removal, puncture repair Hands-on session 9:30 am Reservations to David H.		David H 9877 3216
Thu 22/07 9:30 am	Thursday Annual Willie Warmer	(M)Kensington, Fish & Chips by the bay at (L)Williamstown, (B) Newport , (B)Southbank, (B) Richmond	66 M	Barry McC 9848 1154
Sun 25/07	Beginners' Ride	No Beginners' Rides during Winter, resume Sun 5 September		
Sun 25/07 9:30 am	Mullum Mullum North	Mullum Mullum Tr, Main Yarra Tr, (M)Beasleys Nursery, Lower Plenty, Bulleen Rd	40 E/M	Bruce E 9848 4804
Tue 27/07 9:30 am	Easy Tuesday Around the Yarra	Tunstall Square, Koonung Tr, Banksia St, (M)(B)Burgundy St, Westerfolds Park, Candelbark Park Tr A few hills!	40 M	Gillian B 9725 5310 0451 054 927
Tue 27/07 9:00 am	Medium Tuesday Melbourne Loop	Dights Falls, Merri Creek Tr, Rushall, Royal Park, Moonee Ponds Creek Tr, Footscray Rd, (M)Southbank, Main Yarra Tr	50 M	Geoff H 9509 5156
Tue 27/07 10:00 am	Hard Tuesday	Dromana, Flinders, Red Hill, Dromana	63 M/H	John C 0438 655 977
Thu 29/07 9:30 am	Thursday Maribyrnong River	Train to St Albans, (M)Brimbank Park, Maribyrnong River Tr, Footscray Rd, Docklands, (B)Southbank, (F)Canterbury RS	53 M	Robin R 9830 1449
Sun 01/08	Beginners' Ride	No Beginners' Rides during Winter, resume Sun 5 September		
Sun 01/08 9:30 am	?	?	?	?
Tue 03/08 9:30 am	Easy Tuesday Fairfield	Bushy Creek Tr, Koonung Tr, Wilson Reserve, Alphington, (M)(B) Fairfield , Main Yarra Tr, (F) Burnley RS Option: train to Laburnum RS and Dorking Rd to start	35 E	Vern O 9876 1312
Tue 03/08 9:00 am	Medium Tuesday Beginners Gamble	Gardiners Creek , Ferndale Park (M); Glen Iris, Anniversary Trail, Ashburton, Camberwell (B),	40+ E	Tony R 9874 1839 0418 509 481

Banyule Bicycle User Group—Rides Program

Rides start from Warringal Park (Melway ref 32 B4) unless otherwise indicated. Visitors are welcome to just turn up. Flexible ride options will be available at 9:00am Sundays or 9:30am Tuesdays and Fridays to cater for newcomers and others seeking to improve their riding fitness. For further details contact Graeme W. 9435 9687 or Les B. 9435 0615.

EasyRide: with the “Latte” Group every **Tuesday and Friday 9:30am** – relaxed pace and informal, with break for coffee/snack/chat. **See program and other details at**
<http://www.vicnet.net.au/~banylbug>.

HarderRide: every Tuesday and Sunday **9.00am**. BYO morning tea. Check program below.

July	Ride/Event	Description	Leader
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Sun 4	<i>Gardens in Lalor</i> 41 km	Out through Rivergum trail & Greensborough Rd to Ring road trail, Dalton Rd, left at David St and streets west to "City of Whittlesea Public Gardens". Return by Hume Trail, Ring road.	Lou B/ 9459 6887
Tue 6	<i>Wattle Park</i> 35 km	Out by Koonung & Bushy Creek Trails, Box Hill streets (H2) and Gardiner's Creek Trail. H1 into Park. Return by streets, path, streets (short H2-3) to Ann. Trail at Hartwell.	Robert R/ 9439 1078
Sun 11	<i>Valley Reserve</i> 50 km	Anniversary Trail (some H1 and 1 x H2), then follow rail to Mt. Waverley (long H1) and Reserve for break. Return by Scotchmans Creek Trail back to Ann. Trail.	Les D/ 9459 2701
Tue 13	<i>Brimbank Park</i> 70 km MAP	Out by Rosanna, Bundoora Streets to Western Ring Rd. Western Ring Rd to Keilor Park Dr and into Brimbank Park. Home by Avondale Heights paths and streets. Maribyrnong, Ascot Vale and Parkville Streets and paths.	Allen P/ 9457 1694
Sun 18	<i>Strathewen</i> 36km + option 28km MAP	Meet at train station(s). Sunday ticket, depart 9:17am Heidelberg (9:20 Rosanna) to arrive Hurstbridge 9:58am. Ride to depart Hurstbridge by 10:10am. Use phone contact if held up. Ride via Arthur's Creek to Strathewen for break (no shops). 36 km out and back to H'bridge. Undulating, with 1x H2. Train or ride home (28km).	Richard B/ 9459 8648
Tue 20	<i>Hedgeley Dene Gardens.</i> 47 km MAP	Anniversary trail (H2 & H1) to Gardiner's Ck. Break at Hedgeley Dene Gardens. Home by Yarra Trail (H1 & H2).	Maurie A/ 0409 186082
Sun 25	"Riders' Choice" Rider who suggests is leader, otherwise by agreement		
Tue 27	<i>Museum Gardens</i> 35 km MAP	Capital City Trail, Canning St. to Gardens for break. Return by streets and Capital City or Upfield Trails.	Alan P/ 9435 9421

NightRide: Every Wednesday **8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights -**

20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

Darebin BUG

Darebin Bug Social Rides - Tuesdays and Thursdays

9:30 a.m. corner plant and union street, northcote. 40 -60 km rides mainly on bike paths and quiet streets for experienced cyclists. Bring lunch, snacks and water. Contact Norm on 9484 4767 to confirm start time and location (usually departs from Jika Jika). <http://www.darebinbug.org.au/rides.html>

Darebin Bug Port Melbourne Ride - Saturdays

9.30am Meet at Jika Jika Neighbourhood House, cnr Plant & Union Sts, Northcote. Slow ride suitable for beginners. <http://www.darebinbug.org.au/rides.html>

The Crosskeys Crusiers - Strathmore - Friday rides

The Crosskeys Crusiers are a group of retired men and women who meet in the Crosskeys CarPark near the Strathmore station at 9am on Friday mornings.

The rides are decided each Friday and the adventure begins. Some riders go till morning tea while others ride till lunch and then home at about 3pm. New members most welcome to chat and share the experience Telephone Max 93783501 or John 93707829

Manningham BUG

Rides are subject to change so **ALWAYS** phone the ride contact close to the date of the ride to confirm details.

For general enquiries ring Harvey (03)9890-8006 or Garry (03)9439-5016

Please ring the ride leader if you are attending a ride for further details.

MANNIGHAM BUG RIDE CALENDAR 2010

Mid Week Rides

There are rides on most Wednesdays. Meet at 9:30am at Warrandyte (outside Pasta Mania) for a local ride every second week, alternating with a 10am meeting at a distant location for a longer ride. Contact Don 9848-5803

Date	JULY 2010	Grade	Leader	Meet at
Sat 10 th	Croydon to Jells Park	45km	Peter 0419 989 666	9.30am Croydon Town Park, Mel 50 K5
Sat 17 th	Tour of Templestowe Some climbs but as many descents.	20 km	Terry 9848 6027	9.30am Car park in Victoria st Doncaster, opposite Schrams Cottage. Mel 33 J10
Mon 19 th	General Club Meeting Pancake Parlour	Meeting		8.00pm Doncaster
Sat 24 th	Christmas in July Social event bring your partner. Call Andre before the 19 th if attending.	Social event	Andre 9887 9796	Mitcham Hotel Whitehorse rd, Mitcham. Mel 48 K9
	AUGUST 2010			
Sat 7 th	Touring the environs of Clifton Hill visiting locations seldom seen by cyclists	30 km	Bernard	9.30am Valda Ave, Box Hill North
Mon 16 th	AGM	Meeting		8.00pm Doncaster
Sat 21 st	Brighton to Port Melbourne, Details to follow		Lyn 0438 017 340	
	SEPTEMBER 2010			
Weekend 10 th , 11 th , 12 th	SANDY POINT – details to follow in the news letter. Plan to go, it's a great w'end of riding, food & friends.	Sat – 60km. Sun- 50km	Neville and Cheryl	

Melbourne Bicycle Touring Club

Ride and Club Night Programme

July			
Thu 01 Jul	New Bike Developments		John

Sat 03 Jul	Maribyrnong-River-Trail-to-Brimbank-Park	56km Easy	Di	
Sun 04 Jul	Small ride, a feed & Gone with the Wind at the Astor Cinema, St Kilda	Easy	Glenn	
Sun 04 Jul	Peter's birthday Tour - Federation Square to Lunch at Beaumaris	65km Medium	Peter	
Thu 08 Jul	Heather and Leon in Italy		David	
Sat 10 Jul	Brunswick Opshops & other cultural treasures	under 10km Family Friendly	John	
Thu 15 Jul	Trip Planning			
Sat 17 Jul	Noojee Tall Timber	100km Hard	Kerry	
Sun 18 Jul	Pakenham to Belgrave	70km Medium	Di	
Thu 22 Jul				
Sat 24 Jul	Hurstbridge Loop via Strathewen	50km med-Hard	Geoff	
Sun 25 Jul	Glen Waverley to Ricketts Pt via Guilfoyle's Volcano	55km Easy/Medium	John	
Tues 27 Jul	Club lunch Court Jester Brunswick	delicious	John	
Thu 29 Jul				
Sat 31 Jul	Gippsland Delight	105km Hard	Claire	
August				
Sun 01 Aug	Ballan to Lara	70km Medium Hard	Edmund	
Sun 08 Aug	Badger Weir Lilydale Loop	75km Medium	Peter	
W/E 21-22 Aug	Kerang to Echuca	150km Easy	Fiona	
W/E 27-29 Aug	Snow weekend @ Mt Hotham	whee!!!	Di	
September	Clare Valley, Murray & Barossa		Glenn	

For information on the above rides, please contact the Touring Secretary, Paul Schofield 9444 0249, or at rides@mbtc.org.au . Please note that this e-mail address doesn't get checked every day - so don't expect an immediate response!

About the Ride Gradings

Easy: Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist.

Medium: Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required.

Hard: Long distances and/or difficult terrain. Extensive experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride.

YHA

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a

recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

YHA contacts: Ride Co-Ordinator Kathy on rides@yhacycling.org.au or mobile 0425-792 574, or Secretary Voula on secretary@yhacycling.org.au; website: <http://yhacycling.org.au>
R = Road Bike /
H = Hybrid / M = Mountain Bike / Soc = Social
E = Easy / M = Medium / H = Hard / Soc = Social

Date	Ride Description	Bike Type	Distance (Kms)	Grade	Ride Leader	Booking Req'd	Ride Leader Contact
JULY							
Sat 3							
Sun 4	Wombat State Forest	M	20	E	Mark & Nevi	N	Mark.burns@psnworld.com 0413 051 659
Sat 10							
Sun 11							
Fri 16	Night Ride: Yarra Trail : Single Track	M			Jason		0410125445
Sat 17							
Sun 18	Yarra Trail Ride: Fed Square to Fairfield Boathouse	Any		E	Susan	N	goblues@netlink.com.au
AUG							
Fri 20	Night Ride: Yarra Trail : Single Track	M			Jason		0410125445
Sun TBC	Wine Tasting: Yarra Valley				Nick	Y	nick@spraynozzle.com.au